# **STATE OF NEW HAMPSHIRE**

# **BEHAVIORAL HEALTH**

# **REGIONAL RESOURCE DIRECTORY**

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## **Introduction**

The Disaster Behavioral Health Response Team (DBHRT) is among the many groups that respond to meet the needs of the community during disasters and critical incidents. The DBHRT is composed of behavioral health professionals who work in a variety of settings throughout the state. They respond as volunteers when their services are requested, and support the psychological needs of the community immediately after a disaster or critical incident.

Often, there are issues which occur during disasters/critical incidents where some longer term support may be needed. The DBHRT is not intended to address those long term needs, but they will assist those in need in locating appropriate resources.

We have developed this "Behavioral Health Regional Resource Directory" as a tool to make this process easier for those in need of behavioral health services.

The Directory includes inpatient and outpatient mental health and substance abuse resources throughout the State. The Directory will be updated semi-annually. An electronic version can be found on the Bureau of Emergency Management website www.nhoem.state.nh.us

Paul Deignan Disaster Behavioral Health Coordinator Department of Safety Bureau of Emergency Management pdeignan@nhoem.state.nh.us (800) 852-3792

#### New Hampshire Disaster Behavioral Health Response Teams

#### Overview

The New Hampshire Department of Safety, Bureau of Emergency Management (BEM) has developed an organized team of behavioral health providers to respond to the mental health needs of New Hampshire residents following disasters (e.g., bioterrorism, manmade or natural disasters). Five regional disaster behavioral health response teams (DBHRT) can be deployed immediately anywhere in the state. These teams would respond to disasters or critical incidents when local behavioral health resources have been depleted or are overwhelmed. The goal of the disaster behavioral health response teams is to provide an organized response to individual victims, family members, survivors, or the community affected by critical incidents or disasters.

#### **Team Composition**

Teams include individuals with experience in human services, psychology, mental health, substance abuse, social work, psychiatry, education or spirituality. Over 500 Behavioral Health Response Team members have completed specialized training. Team members operate under the supervision of BEM's Disaster Behavioral Health Coordinator, receive ongoing training and participate in community wide drills.

#### Interventions

The DBHRTs provide interventions in three distinct phases that may be delivered at a disaster site, in an affected community, or statewide. The phases and interventions include:

#### Immediate Response

- Behavioral Health Needs Assessment
- Psychological First Aid
- Crisis Intervention
- Community Outreach
- Public Information
- Behavioral Health Consultation

#### Transition to Recovery

- Brief Supportive Counseling
- Information Dissemination
- Screening and Referral
- Support Groups
- Public Education

#### Preparedness and Mitigation

- Disaster Behavioral Health Planning and Networking
- Prevention Services Designed to Strengthen Community Resiliency
- Specialized Training Initiatives for Team Members and Community Partners
- Research

#### Activation

The Governor, or their designee at the Bureau of Emergency Management, would activate these teams during federal or state emergencies. If an emergency is not declared, local municipalities or emergency response systems may request assistance in order to meet the behavioral health needs of communities in local crises by contacting the Disaster Behavioral Health Coordinator at 800-852-3792 or 603-271-2231.

For additional information about the role these teams can play in assisting your community, please contact Paul Deignan, Disaster Behavioral Health Coordinator, at the Bureau of Emergency Management via email pdeignan@nhoem.state.nh.us or by calling 800-852-3792 or 603-271-2231.

# DISASTER BEHAVIORAL HEALTH RESPONSE TEAM CITIES & TOWNS BY REGIONS

Region I	Region II	Region III	Region IV	Region V
Albany	Acworth	Alexandria	Amherst	Atkinson
Bartlett	Alstead	Allenstown	Auburn	Barrington
Bath	Antrim	Alton	Bedford	Brentwood
Benton	Bennington	Andover	Brookline	Chester
Berlin	Canaan	Ashland	Candia	Danville
Bethlehem	Charlestown	Barnstead	Goffstown	Deerfield
Brookfield	Chesterfield	Belmont	Hollis	Derry
Carroll	Claremont	Boscawen	Hooksett	Dover
Chatham	Cornish	Bow	Hudson	Durham
Clarksville	Croydon	Bradford	Litchfield	East Kingston
Colebrook	Dorchester	Bridgewater	Londonderry	Epping
Columbia	Dublin	Bristol	Manchester	Exeter
Conway	Enfield	Campton	Mason	Farmington
Dalton	Fitzwilliam	Canterbury	Merrimack	Fremont
Dixville	Francestown	Center Harbor	Milford	Greenland
Dummer	Gilsum	Chichester	Mont Vernon	Hampstead
Easton	Goshen	Concord	Nashua	Hampton
Eaton	Grafton	Danbury	New Boston	Hampton Falls
Effingham	Grantham	Deering		Kensington
Errol	Greenville	Dunbarton		Kingston
Franconia	Hancock	Ellsworth		Lee
Freedom	Hanover	Epsom		Madbury
Gorham	Harrisville	Franklin		Middleton
Hart's Location	Hinsdale	Gilford		Milton
Haverhill	Jaffrey	Gilmanton		New Castle
Jackson	Keene	Groton		New Durham
Jefferson	Langdon	Hebron		Newfields
Lancaster	Lebanon	Henniker		Newington
Landaff	Lempster	Hill		Newmarket
Lincoln	Lyme	Hillsboro		Newton
Lisbon	Lyndeborough	Holderness		North Hampton
Littleton	Marlborough	Hopkinton		Northwood
Lyman	Marlow	Laconia Loudon		Nottingham
Madison	Nelson	Meredith		Pelham
Milan	New Ipswich			Plaistow
Monroe	Newport	New Hampton New London		Portsmouth
Moultonborough	Orange	Newbury		Raymond
Northumberland	Orford	Northfield		Rochester Rollinsford
Ossipee	Peterborough	Pembroke		
Piermont	Plainfield	Salisbury		Rye Salem
Shelburne Stark	Sharon	Sanbornton		Salem Somersworth
	Springfield Stoddard	Sutton		
Stewartstown	Stoddard Sullivan	Thornton		South Hampton Strafford
Stratford Sugar Hill		Tilton		Strattord
	Sunapee	Warner		Stratnam Windham
Tamworth	Surry	vv arrier		vv munam

Tuftonboro	Swanzey	Weare
Wakefield	Temple	Webster
Warren	Troy	Wentworth
Waterville	Unity	Wilmot
Wentworth Location	Walpole	Windsor
Whitefield	Washington	
Wolfeboro	Westmoreland	
Woodstock	Wilton	

# **Resource Directory**

## **Region 1**

**Provider Name/Organization:** Androscoggin Valley Mental Health Center

Riverside Courtyard

3 Twelfth St.

Berlin, NH 03570 Tel: (603)752-7404 Fax: (603)752-5194

**Provider Name/Organization:** Carroll County Mental Health Service

25 W. Main St.

Conway, NH 03818 Tel: (603)447-2111 Fax: (603)447-1021

**<u>Provider Name/Organization</u>**: Carroll County Mental Health Service

70 Bay St.

Wolfeboro, NH 03894 Tel: (603)569-1884

**Provider Name/Organization:** White Mountain Mental Health Center

27 Central St.

Woodsville, NH 03785 Tel: (603)747-3658

**Provider Name/Organization:** White Mountain Mental Health Center

PO Box 599

Littleton, NH 03561 Tel: (603)444-5358

**Provider Name/Organization:** Upper Connecticut Valley Mental Health Service

34 Colby St.

Colebrook, NH 03576 Tel: (603)237-4955 Fax: (603)237-1882 **Provider Name/Organization:** White Mountain Mental Health Center

Beatrice Weeks Hospital

173 Middle St.

Lancaster, NH 03584 Tel: (603)788-4911

**Provider Name/Organization:** White Mountain Mental Health Center

Linwood Medical Center

115 Main St.

Lincoln, NH 03251

**Provider Name/Organization**: James E. Taylor, PhD/Lakeview Community Services

Address: 448 White Mountain Highway (Tri-County CAP Building)

Tamworth, NH 03886

Office Phone: 603-323-7434 or 800-473-4221

Area(s) of Specialty: PTSD, Neuropsychology, Rehabilitation

NOTE: Dr. Taylor is a Vietnam Combat Veteran, First Lieutenant (ret.) US ARMY

Trained in PTSD at Buffalo VA Hospital

**Provider Name/Organization**: Tina M. Trudel, PhD/Lakeview Community Services

Address: 448 White Mountain Highway (Tri-County CAP Building)

Tamworth, NH 03886

Office Phone: 603-323-7434 or 800-473-4221

Area(s) of Specialty: Neuropsychology, Rehabilitation, PTSD, Traumatic Injury,

Chronic Pain, Cognitive Behavioral Treatment

**Provider Name/Organization**: Austin Errico, PhD/Lakeview Community Services

Address: 448 White Mountain Highway (Tri-County CAP Building)

Tamworth, NH 03886

Office Phone: 603-323-7434 or 800-473-4221

Area(s) of Specialty: Disability, Rehabilitation, Neuropsychology, Chronic Illness, Grief

& Loss, Anxiety & Mood Disorders

**Provider Name/Organization**: Stefanie Griffin, PhD/Lakeview Community Services

Address: 449 White Mountain Highway (Tri-County CAP Building)

Tamworth, NH 03886

Office Phone: 603-323-7434 or 800-473-4221

Area(s) of Specialty: Neuropsychology, Rehabilitation, Cognitive-Behavioral Treatment

**Provider Name/Organization:** Elizabeth P. Hess, Ph. D.

856 western Ave. Berlin, NH 03570

752-4475

Specialties: PTSD, grief, couples issues

**Provider Name/Organization:** Wanda Harris LCMHC, RN

84 Bay St.

Wolfeboro, NH 03894

Areas of specialty: Grief, coping with illness, adults, life transitions

**Provider Name/Organization:** James F. Cameron

Center of Adolescent and family Services

Address: 25 Pork Hill Rd. Ossipee ,NH 03864

Office Phone: 603 539-1701

Area(s) of Specialty: Posttraumatic stress

**Provider Name/Organization:** Judy-Marie Buteau, LICSW

292 Pleasant St. Berlin, NH 03570 Tel: (603)752-8168

**Provider Name/Organization:** Elizabeth Hess, Ph.D.

856 Western Ave. Berlin, NH 03570 Tel: (603)752-4475

**Provider Name/Organization:** Catholic Charities

633 Third Ave. Berlin, NH 03570 Tel: (603)752-1325

**Provider Name/Organization:** Jennifer M. McCarthy, LICSW

177 Main St.

Berlin, NH 03570

PO Box 581,

Jackson, NH 03846

Cell Phone: (620)662-6394

#### Provider Name/Organization: Barbara E. Coman, LCSW

14 Green Square Berlin, NH 03570 Tel: (603)752-5330

#### **Provider Name/Organization:** E. Martin Kaufman, M.D.

St. Luke's Medical Center

7 Page Hill Rd. Berlin, NH 03570 Tel: (603)752-7750

#### **Provider Name/Organization:** Recovery Resources

Gregg Churchill, LADC, LCMHC

177 Main St., Third Floor

Berlin, NH 03570 Tel: (603)752-5185 Cell: (603)986-5250

### **Provider Name/Organization:** Stratford Counseling Center PC

Bog Rd. Stratford, NH

Tel: (603)636-9914

#### Provider Name/Organization: Virginia Rockhill, Ph.D.

173 Main St.

Colebrook, NH 03576 Tel: (603)237-9850

#### **Provider Name/Organization:** Susan Brown

15 Main St.

Littleton, NH 03561 Tel: (603)444-2545

#### **Provider Name/Organization:** Joseph T. Keenan, Ph.D.

97 Main St.

Lancaster, NH 03584 Tel: (603)788-2288

## **Provider Name/Organization:** Center for New Beginnings

229 Cottage St. Littleton, NH 03561 Tel: (603)444-6465

## **Provider Name/Organization:** Jeffrey Kay, Ph.D.

Parkers Marketplace Littleton, NH 03561 Tel: (603)444-5826

Specialty: Adolescents, adults, trauma

### **Provider Name/Organization:** Carol Lidstrom, M.D.

105 West Main St. Littleton, NH 03561 Tel: (603)444-0860

#### **Provider Name/Organization:** Edwin G. Martin, Ph. D.

55 Union St.

Littleton, NH 03561 Tel: (603)444-5951

Arreas of Specialty: PTSD, veterans, couples, cognitive therapy

#### Provider Name/Organization: Donald Gilpin, CCSW

13 Cottage St.

Littleton, NH 03561 Tel: (603)444-5438

Specialty: Mood disorders, couples, adjustment disorders, marital difficulties

#### **Provider Name/Organization:** Claire Von Karls, LICSW

42 Mill St.

Littleton, NH 03561 Tel: (603)444-8822

Areas of Specialty; adolescents, adults, couples

#### **Provider Name/Organization:** Mental Health Associates

Rob Richardson, M.D. Richard Anderson, Ph.D.

Jackson, NH 03846 Tel: (603)383-9183

#### **Provider Name/Organization:** Mark J. Horan

30 Pleasant St. Conway, NH 03818

Tel: (603)444-2453

#### **Provider Name/Organization:** Diane Johnson, LMHC

30 Pleasant St.

Conway, NH 03818 Tel: (603)447-2239

#### **Provider Name/Organization:** William Nagahiro, Ph.D.

30 Pleasant St

Conway, NH 03818 Tel: (603)447-5066

#### **Provider Name/Organization:** Benita Silver, LCPC ATR

Conway, NH 03818 Tel; (603)447-2323

## **Provider Name/Organization:** Patricia Chadwick, LICSW

PO Box 370

N. Conway, NH 03860 Tel: (603)356-0022

#### **Provider Name/Organization:** Scott Gustafson, Ph.D.

2686 Main St.

Conway, NH 03818 Tel: (603)356-9929

#### **Provider Name/Organization:** Mindful Ways

E. Michael Kahn, M.D.

Eleanor M. Kahn, ARNP

PO Box 2325

N. Conway, NH 03860

Tel: (603)356-8779

## **Provider Name/Organization:** R&R Counseling Services, LLC

47 Washington St. Conway, NH 03818 Tel: (603)447-6700

**Provider Name/Organization:** Mark Stowbridge, LICSW

Tamworth, NH 03886 Tel: (603)323-7509

Provider Name/Organization: Jennifer L. White-Baughan, Ph.D

PO Box 2455

N. Conway, NH 03860 Tel: (603)356-8779

#### Provider Name/Organization: Catholic Charities of NH

16 Cottage St. Littleton, NH

Tel: (603)444-6465

## **Provider Name/Organization:** Sidney Croteau Gordon, MA, LMHC, LADC

186 South Court St. Woodsville, NH 03785

Tel: (603)747-4193

Areas of Specialty: adolescents, adults, PTSD, substance abuse

# **Resource Directory**

# **Region 2**

Provider Name/Organization: West Central Behavioral Health Services

2 Whipple Pl., Ste. 202 Lebanon, NH 03766 Tel: (603)448-0126 Fax: (603)448-0129

**Provider Name/Organization:** Monadnock Family services

20 Depot Square, Ste. 2E Peterborough, NH 03458 Tel: (603)924-7236 Fax: (603)924-4245

Provider Name/Organization: Counseling Center of Newport

Newport Medical Center, Suite 3

167 Summer St. Newport, NH 03773 Tel: (603)863-1951

**Provider Name/Organization:** Claremont Child & Family Center

18 Bailey Ave.

Claremont, NH 03743 Tel: (603)542-5449 Fax: (603)542-5455

**Provider Name/Organization:** The Counseling Center of Claremont

Recovery Center 140 North St.

Claremont, NH 03743

Tel: (603)542-2578 Fax: (603)542-5455

**Provider Name/Organization:** Counseling Center of Lebanon

20 W. Park St., Ste. 416 Lebanon, NH 03766 Tel: (603)448-1101 Fax: (603)448-8249

**Provider Name/Organization:** Ashuelot Valley Counseling Center

20 Warwick Rd.

Winchester, NH 03470 Tel: (603)239-4376

**Provider Name/Organization:** Fall Mountain Counseling Center

8 Westminister St., PO Box 187

Walpole, NH 03608 Tel: (603)756-4785

**Provider Name/Organization:** Granite Hills Behavioral Consultants

64 Main St., Ste. 201 Keene, NH 03431 Tel: (603)355-3800 Fax: (603)355-3833

**Provider Name/Organization:** Monadnock Family Services

Laura Copland, MA, LMHC

Wendy Prescott MFS

Martie H. Schellinger MA, CAGS, CRC

Emily Franzen-Lang MA

17 93rd St., Keene, NH

603 357-5270

Specializing in: PTSD, Acute Stress D/O, depression and anxiety, CISD

and crisis mgmt. for individuals of all ages, families, support and education for significant others. Significant experience working with

Vietnam Vets.

**Provider Name/Organization:** Bette Lewicke, Ph.D.

Crotched Mountain Rehabilitation Center

Address: 1 Verney Drive Greenfield, NH 03047

Office Phone: 603 547-3311, X-282

Area(s) of Specialty:Individual and Family Therapy, Psychological and

Neuropsychological Assessment, Developmental Disorders, PTSD, ADHD, Mood

Disorders

**Provider Name/Organization:** Monadnock Family Services

Address: 64 Main Street, Keene, NH 03431

Office Phone: 603-357-4400

Area(s) of Specialty: Trauma, PTSD, including specific to Vets, war, active duty trauma

& PTSD. MFS has a contract with White River VA to provide "Readjustment

Counseling" to Vets. Have provided services to Vets from: Vietnam, Korean War, Gulf

War, but not yet seen anyone from Operation Enduring Freedom.

Specific Clinicians available/experienced:

Darin Friedman, LCMHC Emily Franzen-Langa, MA

Carla Kirsh, LCMHC

All can be reached at MFS- 357-4400, request Central Intake and ask to be scheduled

with one of the 3 clinicians above for Intake/Assessment.

#### **Provider Name/Organization**: Judith Putzel, Ed.D.

Associate Director Counseling Center Keene State College Keene, NH 03435-2803 (603) 358-2440

**Provider Name/Organization:** Richard Toye, Ph.D.

Address: 129 West Street

Keene, NH 03431

Office Phone: 603-355-5047

Area(s) of Specialty: Psychological or Neuropsychological Assessment, Head Injury

Returning Vets

### **Provider Name/Organization:** Phyllis Pierce Hale, LICSW

Office of Care Management

Dartmouth Hitchcock Medical Center

One Medical Center Drive Lebanon, NH 03756-0001

Phone 603-650-5390 Fax 603-650-6392

**Provider Name/Organization:** Student Counseling Center, Keene State College,

Candice Wiggum Ph.D Address: 229 Main Street Keene, New Hampshire 03435 Office Phone: 603-358-2437

Area(s) of Specialty: PSTD, EMDR, CISD, Trauma

For current KSC students only

**Provider Name/Organization:** Laura Copland, MA, LMHC

Monadnock Family Services 17 93rd St., Keene, NH 603 357-5270

Specializing in: PTSD, Acute Stress D/O, depression and anxiety, CISD

and crisis mgmt. for individuals of all ages, families, support and education for significant others. Significant experience working with

Vietnam Vets

Provider Name/Organization: Laura Copland, MA, LMHC

Address: 17 93<sup>rd</sup> St., Keene, NH 03431

Office Phone: 357-5270

Area(s) of Specialty: PTSD, acute stress d/o, depression and anxiety, CISD, significant experience working with Vietnam Vets, education to significant others, including

community resources.

**Provider Name/Organization**: Emily Franzen-Langa, MA-Monadnock Family Services

Address:17 93<sup>rd</sup> St., Keene, NH o3431

Office Phone:357-5270

Area(s) of Specialty: Acute & Chronic PTSD including war veterans, children, adults

&families, DBT, CBT

#### **Provider Name/Organization:** Claudia Zayfert, Ph.D.

Associate Professor

Director Anxiety Disorders Service & PTSD Treatment Program

Department of Psychiatry

Dartmouth Hitchcock Medical Center

Address:

One Medical Center Dr.

Lebanon, NH 03756

Office Phone: 603-650-7520

For an evaluation appt. call 800-556-6249 http://www.dartmouth.edu/~psychtry/ads.htm Area(s) of Specialty: PTSD, Anxiety Disorders

**Provider Name/Organization:** Tracey Alysson

217 L Old Homestead HWY

Swanzey, NH 03446

(603)357-8991

Areas of Specialty: PTSD, EMDR

**Provider Name/Organization:** Barbara Meyers

81 Court St.

Bradford, NH

(603)357-2944, (603)938-2823

Areas of specialty: Family Therapy, PTSD

# **Resource Directory**

# **Region 3**

#### **Provider Name/Organization:** GENESIS Behavioral Health

771 N. Main St. Laconia, NH 03246 Tel; (603) 524-1100 Fax: (603) 524-0760

## **Provider Name/Organization**: GENESIS Behavioral Health

Tenney Mtn. Hwy., Ste. 144

Plymouth, NH 03264 Tel: (603) 536-1118 Fax; (603) 536-1028

#### **Provider Name/Organization:** Riverbend Elder Services

30 borough Rd., Ste 2

PO Box 2032

Penacook, NH 03303 Tel: (603) 228-2101 Fax: (603) 228-2100

#### **Provider Name/Organization**: Children's Intervention Program (CHIP)

3 N. State St., PO Box 2032

Concord, NH 03302 Tel: (603) 228-0547 Fax: (603) 226-7508

## **Provider Name/Organization:** Twin Rivers Counseling Center

53 Kendall St.

Franklin, NH 03235 Tel: (603) 934-3400 Fax: (603) 934-3459 Provider Name/Organization: Contoocook Valley Counseling Center

Liberty Hill Rd., Bldg. #1 Henniker, NH 03242 Tel: (603) 428-3336

Fax: (603) 428-2621\ **Emergency Services** 

278 pleasant St.. PO Box 2032

Concord, NH 03302 Tel: (603) 226-0817 Fax; (603) 226-7526

**Provider Name/Organization**: Connery Psychological Services

Address: 44 Langdon St. Plymouth, NH 03264

Office Phone: 536-7223 Area(s) of Specialty:

Individual, con-joint, family therapy, psychological and academic testing. Specialties include anger/ stress management, grief, mood disorders, trauma, anxiety disorders.

**Provider Name/Organization**: Horizons Counseling Services

Address: 79 Highland St., Plymouth, NH 03264

Office Phone: 536-2010

Area(s) of Specialty: Substance Abuse Assessment and Treatment

**Provider Name/Organization**: Tamara Pederson

Address: 19 Avery St., Plymouth, NH 03264

Office Phone: 536-4000

Area(s) of Specialty: counseling

**Provider Name/Organization**: Regina Kelly Address: 66 Main St., Plymouth, NH 03264

Office Phone: 536-1020

Area(s) of Specialty: stress, abuse, depression, grief

**Provider Name/Organization**: Main Street Counseling and Assessment Services

Brian Van Brunt, LCMHC Address: Po Box 391 Henniker, NH 03242

Office Phone: 603-491-3215

Area(s) of Specialty: general mental health counseling, trauma recovery, depression, anxiety, psychological and personality testing, BC/BS, medicaid provider, CISM, EMT- <u>Provider Name/Organization</u>: NH Mediation Program Address: 2 Industrial Park Drive, Concord, NH 03301

Office Phone: 603 224-8043

Area(s) of Specialty: 1) mediation services for families in Merrimack County. Mediators

assist family members with difficult conversations where the goal is to decrease

arguments, explore options and make decisions that will help solve problems. 2) training

in conflict resolution for community organizations.

Provider Name/Organization: New England College

Address:24 Bridge Street, NEC Box 11

Henniker, NH 03242

Office Phone: 603-428-2310

Area(s) of Specialty: general mental health counseling. Willing to take some patients free of charge who are willing to work with master's level interns supervised by an LCMHC.

**Provider Name/Organization**: Bianco Child and Family Therapy, LLC.

Karen N. Bianco, LICSW, ACSW, MSW

Address: 14 Country Club Road, Gilford, NH 03249

Office Phone: 603-524-5776

Area(s) of Specialty: Individual, couples and family therapy. Children, teens and adults.

Stress, anxiety and family conflict.

Provider Name/Organization: Paul Foster-Smith, LCMHC,

Certified Addictions Specialist

Address: 2 Union Street Concord, NH 03301

Office Phone: 603-798-5570

Area(s) of Specialty: PTSD, Grief, Depression, Anxiety, Addictions

**Provider Name/Organization**: Sophia M. Meher, LICSW

Address: New Hampshie Hospital

36 Clinton Street Concord NH 03301

Office Phone: (603) 271-5967

Area(s) of Specialty: Psychiatric Social Work

**Provider Name/Organization:** Foad Afshar, Psy.DAddress:

2 1/2 Beacon St. Suite 143,

Concord, NH 03301 Office Phone: (603) 340-0527

Area(s) of Specialty: Children & Adolescents issues; anxiety, depression and PTSD. Clinical Hypnotherapy (when indicated and appropriate) and consultation on educational disability issues (both clinical assessment and procedural issues of special education process.

**Provider Name/Organization:** Barbara Meyers

81 Court St.

Keene, NH

(603) 357-2944, (603) 938-2823

Areas of specialty: Family Therapy, PTSD

**Provider Name/Organization:** David Krueger-Andes, Ed.D.

194 Pleasant St., Suite 1B

Concord, NH 03301

(603) 225-8451

Areas of specialty: Stress and pain management, trauma, depression, anxiety disorders

**Provider Name/Organization:** Peter Kritausky, Ph. D.

6 Hills Ave.

Concord, NH 03301

(603) 226-2607

Areas of specialty: Stress management, depression, anxiety disorders.

# **Resource Directory**

# **Region 4**

Provider Name/Organization: Community Council of Nashua

7 Prospect St.

Nashua, NH 03060 Tel: (603) 889-6147 Fax: (603) 883-1568

**Provider Name/Organization:** Community Council of Nashua

440 Amherst St. Nashua, NH 03063 Tel: (603) 889-6147 Fax: (603) 598-713

**Provider Name/Organization:** The Mental Health Center of Greater Manchester

401 Cypress St.

Manchester, NH 03101 Tel: (603) 668-4111 Fax: (603) 669-1131

Provider Name/Organization: Bedford Counseling Associates

1228 Elm St.

Manchester, NH 03101 Tel: 603) 623-1916 Fax: (603) 641-6910

**Provider Name/Organization:** Child & Adolescent Services

1228 Elm St., Ste. 2 Manchester, NH 03101 Tel: (603) 668-4111 Fax: (603) 622-4134 **Provider Name/Organization:** North End Counseling

9 Blodget St.

Manchester, NH 03104 Tel; (603) 668-4111 Fax: (603) 625-6824

**Provider Name/Organization:** The Mental Health Center of Greater Manchester

3231 Manchester St. Manchester, NH 03101 Tel: (603) 622-7735 Fax: (603) 628-7745

**Provider Name/Organization:** The Mental Health Center of Greater Manchester

34 Brown Ave.

Manchester, NH 03103 Tel: (603) 628-7745

**Provider Name/Organization**: Fredrick Woodard, PhD / Woodard Hypnosis and

Psychotherapy

Address: Po Box 874 = All Mail; 33A Putnam Street

Milford, NH 03055

Office Phone: 603-673-2582

Area(s) of Specialty: trauma, grief, mood disorders

**Provider Name/Organization** The Counseling Center

Address:697 Union Street Manchester, NH 03104 Office Phone: 603-627-3111

Area(s) of Specialty: Several providers have trauma training. Two, Juliana Reed, M.A., and Denise Walderich, M.A., L.M.F.T. are DBHRT

members.

Provider Name/Organization: Tim Lowry, MFT

Address: 697 Union Street Manchester, NH 03104 Office Phone: 625-0996

Area(s) of Specialty: Lincensed Marriage and Family Therapis

**Provider Name/Organization** Denise Walderich, M.A., L.M.F.T.

Address: 697 Union St. Manchester, NH 03104 Office Phone: 625-0996

Area(s) of Specialty: Licensed Marriage and Family Therapist, Trauma

<u>Provider Name/Organization</u>: Maureen Guilfoyle LICSW Address: 31 Old Nashua Rd. Unit 14 Amherst, NH 03031 11 Northeastern Blvd. Suite 240B Nashua. NH 03062

Office Phone: 603-554-6198 Area(s) of Specialty: Trauma

**Provider Name/Organization**: Brenda Desmarais

Address: 12 Blue Jay Way Litchfield, NH 03052

Office Phone: 603-883-9885

Area(s) of Specialty: State of NH Certified Mental Health Counselor, Christian Counseling, Marriage and Family, Female soldiers with mood disorders, PTSD

**Provider Name/Organization**: Advantage Counseling

Beverly D'Angelo, LICSW Eileen Ries, MA-MFT, LADC Address: 3B Taggart Drive

Nashua, NH 03060

Office Phone: (603) 888-0561 FAX (603) 888-2710

Area(s) of Specialty: Mood Disorders, Anger Management, Stress

Management,

Drug and Alcohol Counseling. Beverly is an approved Tricare Provider

#### **Provider Name/Organization:**

Address: Mel Kimmel, Ph.D.

36 Baboosic Lake Road, Merrimack NH 03054

Office Phone: 889-0400

Area(s) of Specialty: Adolescents, crisis counseling, mood disorders

**Provider Name/Organization:** Marcia M. Martin, MA, LCMHC

Address: 5 Northern Blvd. Suite 1202

Amherst, NH, 03031

Office Phone: 603.821.6464

Area(s) of Specialty: Trauma (PTSD), Grief and Loss, Mood Disorders,

Substance Abuse.

**Provider Name/Organization**: Manchester Counseling Services

445 Cypress St. Suite 8

Manchester, NH 03103-3600

tel: 603-668-4079 fax: 603-663-8205

**Provider Name/Organization**: Carol A. Piwko, LCMHC

Address: Center for Life Enrichment

64 South Street Milford, NH 03055

Office Phone: 603-672-4497

Area(s) of Specialty: Trained EMDR therapist (Trauma, PTSD, etc)

Grief and Loss Issues (Certification of Thanatology)

**Provider Name/Organization**: The Youth Council

112 West Pearl Street Nashua, NH 03060

Office Phone: (603) 889-1090

Area(s) of Specialty: Trauma, Substance Abuse, can do Grief work – all adolescent based but could do some family if necessary (as it pertains to the youth).

Provider Name/Organization: Erline Towner, MA, LCMHC, NCC

Address: 49 Quarry Circle,

Milford, NH 03055

Office Phone: 603 672-2536

Area(s) of Specialty: EMDR, Psychotherapy, Trauma, Anxiety

**Provider Name/Organization**: Child and Family Services

Address: offices in Concord, Exeter, Franklin, Laconia, Lebanon, Manchester and

Portsmouth

Office Phone: 800 640-6486

Area(s) of Specialty: treatment of children and their families

**Provider Name/Organization**: George Samuels, MA, MSW, BCD

Address: 27 Lowell Street

Suite 403

Manchester, NH 03101 Office Phone: 623-6916

Area(s) of Specialty: anxiety disorders in children and adults, couples counseling

**Provider Name/Organization**: Donna M.Hastings, Psy.D.

Address: Naticook Counseling Resources, P.A.

579 Daniel Webster Highway Merrimack, New Hampshire 03054

Office Phone: 603 429-1190

Area(s) of Specialty: Trauma, crisis intervention and response. We run groups, provide consultation and training. Home visits as required. Reimbursable for most major

insurances including CHAMPUS.

Provider Name/Organization: Fredrick Woodard, Ph.D.

Address: Naticook Counseling Resources, P.A.

579 Daniel Webster Highway Merrimack, New Hampshire 03054

Office Phone: 603 429-1190

Area(s) of Specialty: Trauma, mood disorders, grief Reimbursable for most major

insurances including CHAMPUS.

**Provider Name/Organization**: Richard Forleo, LICSW

Address: Naticook Counseling Resources, P.A.

579 Daniel Webster Highway Merrimack, New Hampshire 03054 Office Phone: 603 429-1190

Area(s) of Specialty: Trained in Critical Incident Stress Debriefing, Trauma, Grief,

Mood Disorders.

#### **Provider Name/Organization:**

Loralie Lawson, PhD, The Counseling Center of Nashua

Address: One Main Street

Nashua, NH 03060

Office Phone:

(603) 883-0005 x. 357

Area(s) of Specialty: Child and adult victims of trauma, abuse

Grief, loss, mood disorders, parenting, adjustment etc.

**Provider Name/Organization:** Birch Street Counseling

Address:8 Birch Street Derry, NH 03038

Office Phone: 1-603-434-3708

Area(s) of Specialty:

Licensed Alcohol and Drug Counselor and a Licensed Mental Health Counselor.

Provider Name/Organization: Noreen Daly-Eytel, LCMHC

Address: 20 Mary Clark Drive, The Raymond Building, Suite 6A Hampstead, NH 03841

Office Phone: 603-490-1904

Area(s) of Specialty: Adults, Individuals, Couples & Families in transition, suffering

from trauma or grief.

Provider Name/Organization: Gail Bacheller London, LICSW

Address: 20 Mary Clark Drive, The Raymond Building, Suite 6A Hampstead, NH 03841

Office Phone: 603-329-6784

Area(s) of Specialty: Grief Counseling

**Provider Name/Organization**: Ellen Goyette, LMHC

Address: Andover and Haverhill, MA

Office Phone: 978-687-9264

Area(s) of Specialty: EMDR Certified

#### **Provider Name/Organization:** Douglas P. Johnson Psy. D

Green House Group

1361 Elm St.

Manchester, NH 03101

(603) 668-3050, X \*26

Specialty: Couples Therapy, mood disorders, adjustment disorders, PTSD

#### **Provider Name/Organization:** Milford Regional Counseling Services

Joan Haskell LICSW

Vivian Dokart LICSW

15 Union St.

Milford, NH 03055

(6030673-2508

Areas of Specialty: Trauma, grief, mood disorders, families and relationships

#### **Provider Name/Organization:** Sheila Renaud-Finnegan LICSW

Green House Group 1361 Elm St.

Manchester, NH 03101 (603) 668-3050, X \*24

Specialty: mood disorders, PTSD, Family Therapy

# **Resource Directory**

# Region 5

**Provider Name/Organization:** Seacoast Mental Health Center

1145 Sagamore Ave. Portsmouth, NH 03801 Tel: (603) 431-6703 Fax: (603) 433-5078

**Provider Name/Organization:** Seacoast Mental Health Center

Prospect Hill, PO Box 1041

Exeter, NH 03833 Tel: (603) 772-2710 Fax: (603) 772-4975

**Provider Name/Organization:** Community Partners

55 Washington St., Ste. 540

Dover, NH 03820 Tel: (603) 749-3244 Fax; 743-1850

**Provider Name/Organization:** Community Partners

25 Old Dover Rd. Rochester, NH 03867 Tel: (603) 335-6470 Fax: (603) 335-9278

**Provider Name/Organization:** *Center* for Life Management

Salem Professional Park

44 Stiles Rd.

Salem, NH 03079 Tel: (603) 893-3548 Fax: (603) 898-4779 **Provider Name/Organization:** Center for Life Management

Derry Branch Office

Nutfield Prof. Pk. 43 Birch St.

Derry, NH 03038 Tel: (603) 434-1577

**Provider Name/Organization**: Grace E. Ireland, LICSW

Address: 289 Main St, Salem, NH 03097

Office Phone: (603) 898-8587

Area(s) of Specialty: Trauma, Grief, Mood Disorders, and Bereavement

**Provider Name/Organization:** Mary L. Mozo

Address: 289 Main Street, Salem, NH 03079

Office Phone: (603) 890-8674

Area(s) of Specialty: Trauma, Grief, and Mood Disorders

**Provider Name/Organization** Richard Galvin, LICSW

Address: 290 Main Street, Salem, NH 03079

Office Phone: (603) 890-8672

Area(s) of Specialty: Trauma, Loss, Mood Disorders, and Couples &

Family.

**Provider Name/Organization** C D Consultants

Address: 370 Portsmouth Avenue #12

Office Phone: 603 498-4135

Area(s) of Specialty:

Substance Abuse, Crisis Intervention

**Provider Name/Organization**: Tom Grebouski, PhD.

Address: 18 String Bridge Road

Exeter, NH 03833 Office Phone: 772-7797

Area(s) of Specialty: anxiety and related disorders; cognitive behavioral therapy

**Provider Name/Organization**: String Bridge Associates

Address: 18 String Bridge Road

Exeter, NH 03833 Office Phone: 772-3322

Area(s) of Specialty: emotional wellness for children, adolescents and adults

**Provider Name/Organization**: Janet B. Bragg, LICSW, LADC

Atlantic Behavioral Medicine 113 New Rochester Road

Dover, NH 03820 603-749-2729 ext. 103

on Wednesdays: Village West One

25 Country Club Road

Gilford, NH 03249

603-749-2729 ext. 103

**Provider Name/Organization**: Community Partners (Behavioral Health and

Developmental Services of Strafford County)

Address: Admissions for BH services: Community Partners, Old Dover Road, Rochester,

NH 03867. Office locations include Dover and Rochester, NH Office Phone: 603 335-6470 ask for Admissions Department

Area(s) of Specialty: counseling for individuals, couples, families; trauma, grief, PTSD,

**Mood Disorders** 

**Provider Name/Organization**: Garrison City Counseling & Psychotherapy- Erika

Bernier-Hockenhull, LCMHC

Address: 86 Locust St.

Dover, NH

Office Phone: 749-7421

Area(s) of Specialty: trauma, anxiety, parenting concerns and behavioral concerns.

**Provider Name/Organization:** Mariellen D. Lepage LICSW

87 Indian Rock Rd. Rt.111

Windham, NH 03087

Office Phone: 603-401-9316

Areas of Specialty: grief, Loss, Anxiety, Depression, ADHD, PTSD, life and

employment transitions.

**Provider Name/Organization**: Pamela s. Greene LICSW

Address: 26 State st. Portsmouth, NH 03801 Office Phone: 603-431-3330

Area(s) of specialty: couples therapy, adjustment disorders, grief, loss, depression and

mood disorders.

**Provider Name/Organization**: Bia Piel M.Ed, LCMHC

Address: 426 State St. Portsmouth, NH 03801 Office Phone: 603-559-9009

Area(s) of specialty: Child, adolescent, adult, family therapies

**Provider Name/Organization**: Al Matkowsky MA, LADC

Nashua Division of community Health

Address: 18 Mulberry St.

Nashua, NH 03060

Office Phone: 603-589-4508

Area(s) of specialty: Alcohol/drug counseling. Extensive experience working with

veterans and their families. Specialty in PTSD and active duty debriefing.

**Provider Name/Organization:** Monica L. Zulauf

Deputy Director HUB Family Resource Center 23 Atkinson Street Dover, NH 03820 (603) 749-9754

#### **Provider Name/Organization:**

Address: Jane Marasco, LICSW Crossroads Counseling Center 216 Lafayette Rd. #206

No. Hampton, NH 03862Office Phone: 603-964-1700

Area(s) of Specialty: depression, PTSD, anxiety, grief, and spiritual issues

#### **Provider Name/Organization**:

Address: Dennis Marasco, M.Div., LMHC

**Crossroads Counseling Center** 

216 Lafayette Rd. #206 No. Hampton, NH 03862 Office Phone: 603-964-1700

Area(s) of Specialty: marriage, PTSD, depression, spiritual issues

## **Provider Name/Organization**:

Address: Sarah DeKoven, MSW Crossroads Counseling Center 216 Lafayette Rd. #206 No. Hampton, NH 03862

Office Phone: 603-964-1700

Area(s) of Specialty: marriage, PTSD, grieving

#### **Provider Name/Organization:**

Address: Tressa Ryan, LICSW Crossroads Counseling Center

216 Lafayette Rd. #206 No. Hampton, NH 30862 Office Phone: 603-964-1700

Area(s) of Specialty: children/adolescents/young adults – grief, behavioral issues,

depression, and spiritual issues

### **Provider Name/Organization**:

Address: Sarah Duffley, MSW Crossroads Counseling Center 216 Lafayette Rd. #206 No. Hampton, NH 03862

Office Phone: 603-964-1700

Area(s) of Specialty: Aides, grief, PTSD, spiritual issues

#### **Provider Name/Organization**: Lorretta S. Shugrue, LICSW,

N. H. Catholic Charities Address: 23 Grant St.

Rochester, N. H. 03867

Office Phone: 332-7701

Area(s) of Specialty: preadolescence, adolescence, adults and elderly for individuals, families, marital and couples for PTSD, depression, anxiety, grief and loss. Therapist is

## also trained in Thought Field Therapy.

## **Provider Name/Organization**: Susan Swanwick MSW, LICSW

Child and Family Services

9 Hampton Rd

Exeter, NH 03833

(603) 772-3786

Areas of Specialty: Individual, Couples, Family Therapy, stress, depression, substance abuse, trauma.

## **Provider Name/Organization**: Sandra Yarne, Ph.D.

20 Ladd Street, Suite 405

Portsmouth, NH 03801

Specialties: Children, adolescents and adults. Depression, anxiety, trauma and adjustment disorders. Most insurances accepted.

#### Resource Guide for

# Alcohol and Drug Treatment Services

### **NH Department of Health and Human Services**

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# Clinically Managed Residential Detoxification and Sobriety Maintenance Services

Clinically managed residential detoxification services are designed for individuals who are experiencing intoxication from alcohol and/or drugs but are not experiencing a medical emergency. Admission is voluntary. These programs are staffed by Emergency Medical Technicians (EMT), as well as staff and volunteers who are specifically trained in the management of the inebriated or impaired person.

Sobriety maintenance programs provide short-term residential services for alcoholics and substance abusers. Services include individual group counseling, educational sessions and introduction to self-help groups. The purpose of sobriety maintenance programs is to provide a safe and supportive environment until appropriate treatment becomes available. They are typically offered 24 hours a day, 7 days a week.

#### **CHESHIRE County**

#### **KEENE**

Phoenix House of New England Keene Center 106 Roxbury Street Keene, NH 03431

Phone: 603-358-4041 Fax: 603-358-6527

#### COOS COUNTY

#### **BERLIN**

**Tri-County Community Action Program** 361 School Street PO Box 659 Berlin, NH 03570

#### **GRAFTON COUNTY**

#### **LEBANON**

#### Headrest

Box 247 12 Church Street

Lebanon, NH 03766

Hotline: 603-448-4400 Phone: 603-448-4872

Tee Line: 800-639-6095

Fax: 603-448-1829

#### **HILLSBORO COUNTY**

#### **MANCHESTER**

**NCADD Greater Manchester** 

**Serenity Place** 

101 Manchester Street

Box 1477

Manchester, NH 03105

Phone: 603-625-6980 Fax: 603-625-6982

#### **HILLSBORO COUNTY**

**NASHUA** 

**Keystone Hall** 

88 Pine Street Extension Nashua, NH 03060 Phone: 603-881-4848

Fax: 603-598-3644

MERRIMACK COUNTY

CONCORD

Community Services Council of New Hampshire PO Box 2338

Concord, NH 03302-2338 Phone: 603-228-1959 Helpline: 800-852-3388 Fax: 603-225-7051

STRAFFORD COUNTY

**DOVER** 

Southeastern NH Alcohol and Drug Abuse

**Services** 

272 County Farm Road Dover, NH 03820 Phone: 603-749-3034 Helpline: 800-698-7647

Fax: 603-358-6527

#### **Outpatient Treatment**

The following agencies provide outpatient substance abuse counseling, assessment and screening with funding from the New Hampshire Department of Health and Human Services or the Governor's Commission on Alcohol and Drug Abuse Prevention and Intervention and Treatment. These programs serve individuals whose alcohol and drug use affects their daily living and causes family issues, irregular employment, arrest, etc. In many cases, an individual's outpatient counselor provides the first step towards comprehensive treatment.

#### **BELKNAP COUNTY**

**GILFORD** 

**Horizons Counseling Center** 

25 Country Club Road Gilford, NH 03820 Phone: 603-524-8005

Fax: 603-524-7275

WOLFEBORO

**Carroll County Mental Health** (Wolfeboro)

70 Bay Street

Wolfeboro, NH 03894 Phone: 603-569-1884

Fax: 603-569-1882

CARROLL COUNTY

**CONWAY** 

**Carroll County Mental Health** 

(Includes Prenatal Care) 25 West Main Street Conway, NH 03818 Phone: 603-447-2111

Phone: 603-447-211 Fax: 603-447-1021

#### **CHESHIRE COUNTY**

#### **KEENE**

#### **Monadnock Family Services**

64 Main Street Keene, NH 03431 Phone: 603-357-3007

Fax: 603-355-3833

#### COOS COUNTY

#### **BERLIN**

**Androscoggin Valley Mental Health and Developmental Services Founders Hall** 

3 Twelfth Street Berlin, NH 03570 Phone: 603-752-7404 Fax: 603-752-5194

#### **COLEBROOK**

**Upper Connecticut Valley Mental Health and Developmental Services** 

34 Colby Street

Colebrook, NH 03576 Phone: 603-237-4955

#### **COOS COUNTY**

#### **CONWAY**

Northern NH Mental Health and **Developmental Services** (Phoenix Houses of New England)

87 Washington Street

Conway, NH 03818 Phone: 603-447-3347 Fax: 603-447-8893

#### **GROVETON**

**Upper Connecticut Valley Mental Health** and Developmental Services

31 Brooklyn Street Groveton, NH 03582 Phone: 603-636-2555 Fax: 603-636-6103

#### **GRAFTON COUNTY**

#### **BETHLEHEM**

**Tri-County Community Action Program Friendship House** 

Box 717 2957 Main Street Bethlehem, NH 03574 Phone: 603-869-2210 Fax: 603-869-2355

#### **LEBANON**

**Counseling Center of Lebanon (The)** 

(West Central) 20 West Park Street, Suite 14 Lebanon, NH 03766

Phone: 603-448-1101 Fax: 603-448-8249

#### **GRAFTON COUNTY** (cont.)

#### Headrest

12 Church Street

**PO Box 247** 

Lebanon, NH 03766

Hotline: 603-448-4400 Phone: 603-448-4872

Fax: 603-448-1829

#### **West Central Services**

(Administrative Offices)
2 Whipple Place, Suite 202

Lebanon, NH 03766 Phone: 603-448-0126 Fax: 603-448-0129

#### **LITTLETON**

## White Mountain Mental Health and Developmental Services

PO Box 599

29 Maple Street

Littleton, NH 03561

Phone: 603-444-5358 Fax: 603-444-0145

#### NORTH HAVERILL

#### **Grafton County Dept. of Corrections**

3865 Dartmouth College Highway

North Haverill, NH 03774

Phone: 603-787-2019

#### **PLYMOUTH**

#### **Horizons Counseling Center**

PO Box 193

Plymouth, NH 03264

Phone: 603-536-2010 Fax: 603-422-8218

(please call before faxing)

#### **GRAFTON COUNTY** (cont.)

#### **WEST LEBANON**

Child and Family Services Upper Valley Coalition

3 Atwood Avenue

West Lebanon, NH 03784 Phone: 603-298-8237

Fax: 603-298-8281

#### **WOODSVILLE**

#### Friendship House

33 Ralston Road Woodsville, NH 03785 Phone: 603-747-2535 Fax: 603-747-2528

#### HILLSBORO COUNTY

#### **MANCHESTER**

#### Farnum Outpatient Services Manchester Alcoholism and Rehabilitation Center

235 Hanover Street Manchester, NH 03101 Phone: 603-622-3020 Fax: 603-622-4043

### Mental Health Center of Greater

Manchester (The)

1228 Elm Street, 2nd Floor Manchester, NH 03101 Phone: 603-668-4111 Fax: 603-628-7733

#### **Office of Youth Services**

1528 Elm Street, Lower Level Manchester NH 03101

Phone: 603-624-6470 Fax: 603-628-6285

#### HILLSBORO COUNTY (cont.)

#### Southern New Hampshire Services

PO Box 5040

Manchester, NH 03108-5040

Phone: 603-647-5480

Fax: 603-625-0461

#### **NASHUA**

#### **Keystone Hall**

88 Pine Street Extension Nashua, NH 03060 Phone: 603-881-4848 Fax: 603-598-3644

#### Nashua Area Health Center

(Outpatient for Pregnant and Postpartum Women and Reproductive Age Women)

10 Prospect Street Nashua, NH 03060 Phone: 603-883-1626 Fax: 603-881-9914

#### **Youth Council (The)**

112 W. Pearl Street Nashua, NH 03060 Phone: 603-889-1090 Fax: 603-598-1703

#### **MERRIMACK COUNTY**

#### **CONCORD**

#### Fresh Start Program (The)

(Intensive Outpatient 18 years and older) Concord Hospital 250 Pleasant Street, Suite 5400 Concord, NH 03301

Phone: 603-225-2711 ext. 2521

Fax: 603-227-7169

#### MERRIMACK COUNTY (cont.)

#### **Riverbend Substance Abuse Services**

(Outpatient Services)
Concord Hospital
250 Pleasant Street, Suite 5400
Concord, NH 03301

Phone: 603-225-2711 ext. 2521

Fax: 603-227-7169

#### **ROCKINGHAM COUNTY**

#### **PORTSMOUTH**

#### **Families First of the Greater Seacoast**

100 Campus Drive, Suite 12 Portsmouth, NH 03801 Phone: 603-422-8208 Fax: 603-422-8218

#### STRAFFORD COUNTY

#### **DOVER**

## Southeastern NH Alcohol and Drug Abuse Services (Dover)

272 County Farm Crossroads Dover, NH 03820

Phone: 603-749-3981 Fax: 603-749-3983

#### ROCHESTER

## Southeastern NH Alcohol and Drug Abuse

**Services (Rochester)**1 Wakefield Street

Rochester, NH 03866-0988 Appointments: 603-749-3981

Phone: 603-332-5813 Fax: 603-749-3983

#### **SULLIVAN COUNTY**

#### **CLAREMONT**

#### **Counseling Center of Claremont (The)**

140 North Street Claremont, NH 03743 Phone: 603-542-2578 Fax: 603-542-5456

#### **NEWPORT**

#### **Counseling Center of Newport (The)**

167 Summer Street, Suite 3 Newport, NH 03773 Phone: 603-863-1951

Fax: 603-863-8043

#### **SULLIVAN COUNTY**

#### **Child and Family Services**

(Adolescent program for at-risk youth) Contact Information for Sullivan County Programs:

#### PO Box 448

Manchester, NH 03105

Phone: 603-668-1920 ext. 142

Fax: 603-622-9931

## Clinically Managed Low Intensity Residential Treatment Services

Clinically Managed Low Intensity Residential Treatment Programs are designed to provide short-term supportive services to the recovering alcoholic and addict. Their goal is to prepare each resident for self-sufficiency in the community. In order to be eligible for most clinically managed low intensity residential treatment services, a person must have already completed a residential program and/or experienced a minimum period of sobriety.

#### **GRAFTON COUNTY**

#### **BETHLEHEM**

## **Tri-County Community Action Program Friendship House**

Box 717

2957 Main Street Bethlehem, NH 03574 Phone: 603-869-2210

Fax: 603-869-2355

#### HILLSBORO COUNTY

#### **MANCHESTER**

#### **Tirrell House**

(Halfway House for Men)
15 Brook Street

Manchester, NH 03104 Phone: 603-668-2971

Fax: 603-645-9873

#### **HILLSBORO COUNTY** (cont.)

#### **NASHUA**

#### **Keystone Hall Transitional**

**Living Center** 

88 Pine Street Extension Nashua, NH 03060 Phone: 603-881-4848

Fax: 603-598-3644

#### STRAFFORD COUNTY

#### **DOVER**

#### Southeastern NH Alcohol and Drug Abuse

**Services** 

(Halfway House for Men and Women)

272 County Farm Road Dover, NH 03820 Phone: 603-749-3981

Fax: 603-749-3983

# Clinically Managed Medium Intensity Residential Treatment Services

Clinically Managed Medium Intensity Residential Treatment Services (also known as Residential Post-Detoxification Programs) are designed to assist individuals who have been substance free for a minimum of 72 hours. Admission is on a voluntary basis. The length of stay averages 28-30 days. Costs vary and are on a sliding fee scale basis.

#### **CHESHIRE COUNTY**

#### **KEENE**

#### **Phoenix House of New England**

**Keene Center** 

106 Roxbury Street Keene, NH 03431

Phone: 603-358-4041 Fax: 603-358-6527

#### **GRAFTON COUNTY**

#### **BETHLEHEM**

## **Tri-County Community Action Program Friendship House**

Box 717

2957 Main Street

Bethlehem, NH 03574

Phone: 603-869-2210

#### **HILLSBORO COUNTY**

#### **MANCHESTER**

Manchester Alcoholism Rehabilitation Center The Farnum Center 235 Hanover Street

Manchester, NH 03101 Phone: 603-622-3020

Fax: 603-622-4043

# Clinically Managed High Intensity Residential Treatment Services

Clinically Managed High Intensity Residential Treatment Programs are designed for individuals with severe substance abuse problems. People referred to a high intensity program are generally experiencing serious problems functioning in the community. Admission is voluntary. The length of stay varies from three months to a year, depending on the needs of the individual.

#### CHESHIRE COUNTY

#### **DUBLIN**

Phoenix House of New England Phoenix Academy

(Children under 18)
1 Pierce Road
Box 354

Dublin, NH 03444 Phone: 603-563-8501 Fax: 603-563-7901

#### Phoenix House of New England Dublin Center

(Adults)
1 Pierce Road
Box 319

Dublin, NH 03444 Phone: 603-563-8501 Fax: 603-563-8296

#### MERRIMACK COUNTY

#### **CANTURBURY**

#### **Odvssev Family Center**

(For Pregnant and Parenting Women, their infants and children.)
367 Shaker Road
Canterbury, NH 03224

Phone: 603-783-9104 800-273-9372

Fax: 603-783-0358

#### **STATEWIDE**

#### **Southeastern New Hampshire Services**

272 County Farm Road Dover, NH 03820

Phone: 603-749-3034

Helpline: 800-698-7647 Fax: 603-749-3983

#### **Private Treatment Facilities**

The following is a list of private treatment facilities which are not funded by either the New Hampshire Department of Health and Human Services or the Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention and Treatment. They provide a variety of primary, intermediate, and after care services. Some of the facilities will accept reimbursement from major insurance carriers. Although all of them provide similar types of treatment, the fees they charge vary from place to place.

#### **BELKNAP COUNTY**

**LACONIA** 

Lakes Region General Hospital Nathan Brody Chemical Dependency Program  $(Intensive\ Outpatient\ Program)$ 

Highland Street Laconia, NH 03246 Phone: 603-524-3211

#### **GRAFTON COUNTY**

#### **WEST LEBANON**

#### **HMI (Habit Management Inc.)**

8 Interchange Drive

West Lebanon, NH 03784

#### HILLSBORO COUNTY

#### **HUDSON**

#### **Merrimack River Medical Association**

(Outpatient Methadone Detoxification and Maintenance) 323 Derry Road Hudson, NH 03051

Phone: 603-595-3399 Fax: 603-579-2734

#### HILLSBORO COUNTY

#### **MANCHESTER**

#### Harmony

88 McGregor Street Manchester, NH 03102 Phone: 603-668-5200

Fax: 603-622-4518

#### **Habit Management**

(Outpatient Methadone Detoxification and Maintenance)

1415 Elm Street, Lower Level

Manchester, NH 03104 Phone: 603-622-5005 Fax: 603-622-5051

#### Manchester Metro Treatment Center

5A Driving Park Road Manchester, NH 03103 Phone: 603-622-4747

#### **ROCKINGHAM COUNTY**

#### **HAMPSTEAD**

#### **Hampstead Hospital**

218 East Road

Hampstead, NH 03841 Phone: 603-329-5311 Fax: 603-329-9374

## ROCKINGHAM COUNTY PORTSMOUTH

#### **Portsmouth Pavilion**

343 Borthwick Avenue Portsmouth, NH 03802-7010

Phone: 603-436-0600 Fax: 603-433-5250

#### STRAFFORD COUNTY

#### **SOMERSWORTH**

<u>Merrimack River Medical Services</u> (Outpatient Methadone Detoxification and Maintenance)

200 Route 108

Somersworth, NH 03878 Phone: 603-953-0077 Fax: 603-953-0078

# Substance Abuse Resource Contact NH Alcohol & Drug Abuse Counselor Association (NHADACA)

NHADACA wants to be available to support the returning troops and their families. If you are in need of a Licensed Alcohol and Drug Counselor (LADC), please call one of the contact numbers listed below. These individuals will help you find the LADC nearest to your home area.

Paula Briggs (603)444-5358

Pat Ristano-Dutton (603)225-2711 X4516

#### 12 Step Support Group Information

Very often, during times of high stress, the use of alcohol and other drugs may seem to offer some temporary relief from the problems. Unfortunately, the use often creates problems of its own. When this happens, the use of a skilled counselor may be helpful. There is also the option of attending 'selfhelp' recovery support group meetings. There are meetings for those who use the substances, and meetings for the effected family members. The numbers listed below will help you find out where the various self-help meetings are throughout the state.

#### **12-Step Recovery Programs**

#### **Alcoholics Anonymous Information:**

Lebanon/Hanover	603-448-6655
Greater Nashua Area	603-882-2259
All Other Areas in New Hampshire	800-593-3330
Eastern Massachusetts Central Service	617-426-9444
Maine	207-774-4335
Vermont	802-658-4221
New Hampshire Assembly	
Service Office	603-622-6967
Fax	603-624-9507
1330 Hooksett Road	
Hooksett, NH 03106	
Website: www.nhaa.net	
Email: office@nhaa.mv.com	
Al-Anon/Alateen	877-825-2666
Toll Free	
PO Box 132	603-622-0399
Concord, NH 03301	
www.mv.com/ipusers/nhal-anon	
Nar-Anon, Cocaine Anonymous	
PO Box 3751	603-882-3000 ext.
Manchester, NH 03108	2467
Manchester, 1911 03100	
Narcotics Anonymous (NA)	

24 Hour Help and Information 603-645-4777

Correspondence by Mail:

PO box 5171

Manchester, NH 03108 Website: www.gsna.org The following numbers are available 24 hours a day, 365 days a year, to support you during a mental health crisis:

#### New Hampshire Behavioral Health Emergency Services Numbers

AGENCY	LOCATION	<b>BUSINESS HOURS</b>	AFTER HOURS
N. d. NWW. (111 1d. 1D.			
Northern NH Mental Health and Dev			
	Colebrook	603-237-4955	
	Berlin	603-752-7404	
	Conway	603-447-2111	
	Groveton	603-636-2555	
	Littleton	603-444-5358	
	Wolfeboro	603-569-1884	
West Central Services	Claremont	1-800-564-2578	
	Lebanon		
Genesis	Laconia	603-528-0305	603-536-1118
	Plymouth		
Riverbend	Concord	1-800-852-3323	
	Franklin	1-000-032-3323	
	Henniker		
	New London		
Monadnock Family Services	Keene	603-357-5270	
	Peterborough		
<b>Community Council of Nashua</b>	Nashua	603-577-2728	
Mental Health of Greater Mancheste	Manchester	603-668-4111	
Seacoast Mental Health	Portsmouth	603-431-6703	
	Exeter	603-772-2710	
<b>Community Partners</b>	Dover	603-335-6470	
	Rochester		
Center for Life Management	Salem	603-434-1577	603-432-2253
	Derry		